

Funding Supports Local Not-for-Profit Organization Community Service

Story by Ed Kolybaba on Mar 28, 2021

The Rotary Club of Kelowna Sunrise approved financial assistance for five not-for-profit Kelowna based organizations, amounting to a total of \$30,631 on March 26, 2021 at their regular Friday meeting.



Connect Counselling & Therapy, Community Recreational Initiatives Society, Hope for the Nations, Child Advocacy Centre of Kelowna and Central Okanagan Region Nutrition Society dba Meals on Wheels were the beneficiaries of the club's continued focus on supporting not-for-profit organizations who serve by responding to humanitarian needs within the community.

Connect Counselling & Therapy (Kelowna Family Services Centre Society) will receive funding of **\$2000** for their counselling program that focuses on lowering anxiety using self-regulation, using mindfulness, art and play techniques to provide strategies that reduce anxiety. The program provided at no charge, runs for eight weeks, twice a year for youth between the 12-18 years of age.



The Connect Counselling responds to community needs by fostering well-being and healthy relationships through skilled counselling services.

Community Recreational Initiatives Society, also known as CRIS, will receive **\$5,000** to directly support the CRIS outdoor recreation program, in particular the adaptive mountain bike program. In consideration of an increasing interest in mountain biking, the society wishes to add an all-terrain hand cycle with quad grips and an electric assist motor.



CRIS exists to promote inclusion and accessibility in communities in the Okanagan. Its goal is to ensure anyone who wishes to participate in outdoor recreational activities year around has access to equipment and supports to promote positive mental and physical health as well as connection to their community.

Hope for the Nations has been approved for funding of **\$10,631** which will be used to purchase food for the Food for Thought Backpack Program. Food for Thought will continue to work within School District 23 to ensure students do not have to go through their weekends with empty stomachs.



Hope for the Nations seeks to empower children at risk to become children of change. Their mission is to equip marginalized children to become leaders - those who affect positive change within their communities - by working together with local organizations within a wide variety of cultural content.

A financial grant of **\$10,000** for the **Child Advocacy Centre of Kelowna (CAC)** will go towards the Centre's program to assist in financing a new CFA position who will serve to ensure that children and families are supported and advocated for in all aspects of programming and services delivered by the various agencies involved in the investigations of child abuse and the supports that follow.



The Child Advocacy Centre of Kelowna provides an integrated response to child abuse, improves access to resources and supports for victims, families and community agencies, helps prevent future instances of abuse by building awareness, and helps victims overcome the trauma they have experienced by building strength and resiliency.

The Central Okanagan Region Nutrition Society will receive **\$3,000** to purchase disposable containers at an average cost of \$1.00 for their Meals on Wheels hot meal delivery service. Since April of 2020, weekly meal deliveries have increased by 50 %.



The Society aims to deliver affordable, healthy ,well balanced hot meals and/or frozen meals to homebound seniors and physically and/or mentally challenged individuals and endeavor to eliminate malnutrition in this demographic throughout Kelowna, West Kelowna and Peachland.